

Office of Group Insurance  
April, 2006 Boise, Idaho

## Benefit Focus Update

Open enrollment April 1 – May 31, 2006

### State Wellness Program available to state employees, retirees WEIGHT MANAGEMENT

#### Who can participate?

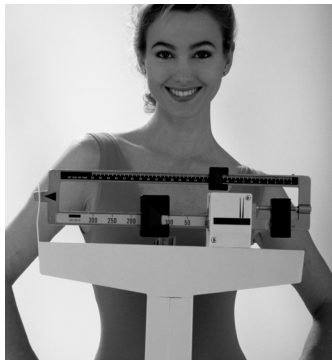
All State of Idaho employees, retirees and dependents that are covered by Blue Cross of Idaho.

#### Who are the providers?

- Weight Watchers®  
[www.weightwatchers.com](http://www.weightwatchers.com)  
(All of Idaho)
- Jenny Craig®  
[www.jennycraig.com](http://www.jennycraig.com)  
or 800-597-JENNY  
(Treasure Valley)
- L.A. Weight Loss®  
[www.laweightloss.com](http://www.laweightloss.com)  
or 800-331-4035  
(Southern Idaho)

#### When and where can I sign up?

Sign up starts April 1 and ends on Wednesday May 31, 2006. You must first sign up with the weight program of your choice. The program director will have you complete the proper form and instruct you on how to submit the form. Your next step is to go to [www.bcidaho.com](http://www.bcidaho.com), log in as a member, go to the wellness link and enter the requester's information for program of your choice.



*"By incorporating  
healthy lifestyle  
changes, you will  
have more energy,  
sleep better, and  
improve your  
physical and  
mental health."*

**Governor -  
Dirk Kempthorne**

*For more  
assistance, contact  
the Office of Group  
Insurance at  
**1-800-531-0597  
or (208) 332-1860  
[ogi@adm.idaho.gov](mailto:ogi@adm.idaho.gov)***

#### How does reimbursement work?

Six months after starting the program if you have lost 10% of your initial weight, you will be reimbursed \$100.00. After 12 months if you have either maintained that weight loss, lost even more, or are just now achieving the 10% weight loss, you will be reimbursed another \$100.00. This means that each individual has the potential of receiving up to \$200.00.

#### How do I get my check?

You and your program director will be keeping track of your progress. There are two options for verification of your weight loss:

- 1) Your director can send the information electronically or via regular mail to Blue Cross of Idaho; or
- 2) You can copy your information, with your director's signature and send it in to Blue Cross of Idaho. Blue Cross of Idaho will verify your achievement and forward your reimbursement to you.

#### Questions:

For questions regarding the weight management program please contact Office of Group Insurance at **1-800-531-0597** or **(208) 332-1860**, or email us at [ogi@adm.idaho.gov](mailto:ogi@adm.idaho.gov).